AMENDMENT TO THE CLAIMS

1. (Currently Amended) A backpack comprising:

a bag portion;

only one shoulder strap connected at a first end to the bag portion;

left and right side straps, each side strap connected at a second end to the bag portion; and

left and right buckles attached to the left and right straps; and

a central member wherein the only one shoulder strap and the left and right side straps are each connected to the central member at second ends opposite from the first ends and at least one of the through the buckles which separate into first and second portions with the first portion being attached to the central member and the second portion being attached to the respective side strap such that either or both side straps being detachably attached are attachable and detachable to the central member through separation of the buckles.

2-4 (Cancelled)

- 5. (Original) The backpack of claim 1 wherein the shoulder strap is adjustable in length.
- 6. (Currently Amended) A method for donning or removing a backpack, the method comprising:

providing a backpack having only one shoulder strap and two side straps with one of the side straps being detachable attached to a connector proximate a person's chest area;

donning or removing the backpack by connecting or disconnecting one of the side straps.

- 7. (Original) The method of claim 6 and further comprising keeping the other side strap attached during donning or removing.
- 8. (Original) The method of claim 6 wherein the side strap that is detached or attached is on the same side of the person as the shoulder strap.
- 9. (Original) The method of claim 6 wherein the side strap is being detached or is being attached to a central member positioned proximate the person's chest.
- 10. (Currently Amended) A method of removing a backpack from a wearer, the backpack including a bag portion extending over the wearer's back, and only one shoulder strap extending over a shoulder of the wearer, and two side straps extending around the person's mid-section, the only one shoulder strap and the two side straps being connected to a connector disposed proximate the wearer's mid-section through buckles that separate into first and second portions, the method comprising:

disconnecting one of the side straps from the connector by separating the respective buckle into first and second portions;

grabbing a portion of the shoulder strap proximate the connector; and removing the bag portion from the wearer's back by extending away from the body the arm that has grabbed the shoulder strap.

- 11. (Cancelled)
- 12. (Original) The method of claim 10 wherein both side straps are disconnected.
- 13. (Currently Amended) The method of claim 12 wherein both side straps are disconnected by a separating a each buckle that is part of each side strap into first and second portions.